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HENRY BAKER COLLEGE MELUKAVU

Department of Physical
Education

ACADEMIC
YEAR

2022-23

FROM DARKNESS INTO MARVELLOUS LIGHT

Henry Baker College, Melukavu, a Christian, Minority, Co-Educational, Government-aided Arts and Science College Established In 1981, affiliated to Mahatma Gandhi University, Kottayam, Kerala, Accredited by NAAC with 'A' Grade and An ISO 9001:2015 certified Institution.

DEPARTMENT OF PHYSICAL EDUCATION
HENRY BAKER COLLEGE, MELUKAVU

Report 2022-23

The Department of Physical Education gives students the chance to use their free time for physical activity to relieve stress and instill a lifetime habit of physical activity in their daily educational system.

1. One Minute Challenge for Boys and Girls- STAND AGAINST DRUG ABUSE

The department began this academic year with a physical activity one-minute challenge on October 31, 2022, with pushup challenges for boys and rope skipping challenges for girls. This activity was conducted to encourage the students to stay away from drugs and other unhealthy addictions. The principal, Dr. Gireesh Kumar G S, inaugurated the program and shared the importance of physical activities while accepting the challenge by doing one minute of pushups to spread the spirit among students to stand against drugs.

HENRY BAKER COLLEGE MELUKAVU
DEPARTMENT OF PHYSICAL EDUCATION

STAND AGAINST DRUG ABUSE

SAY YES TO LIFE
NO TO DRUGS

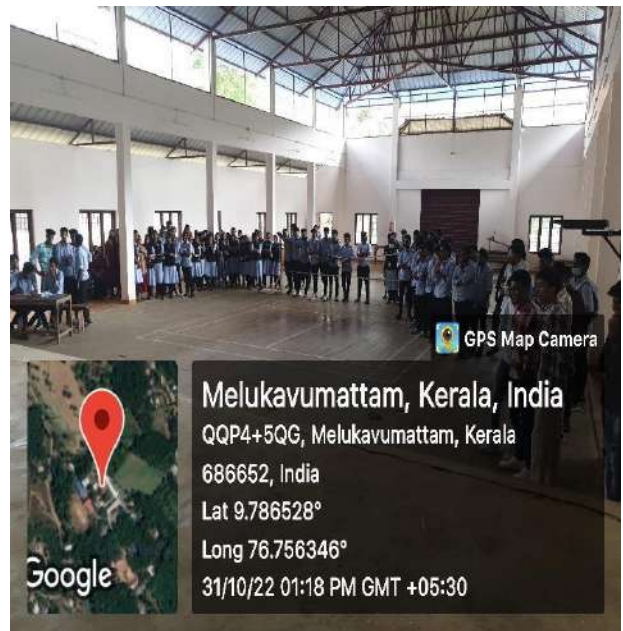
ONE MINUTE CHALLENGE

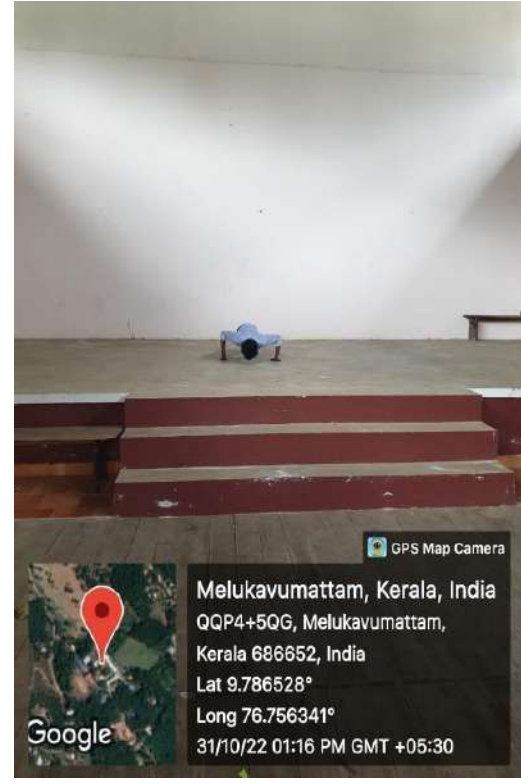
- PUSH-UP FOR BOYS
- SKIPPING FOR GIRLS

Cash prizes & Certificates for 1st & 2nd positions

31st October, 2022
1 pm
VENUE: College Indoor Stadium

"YOU ARE STRONGER THAN YOU THINK"



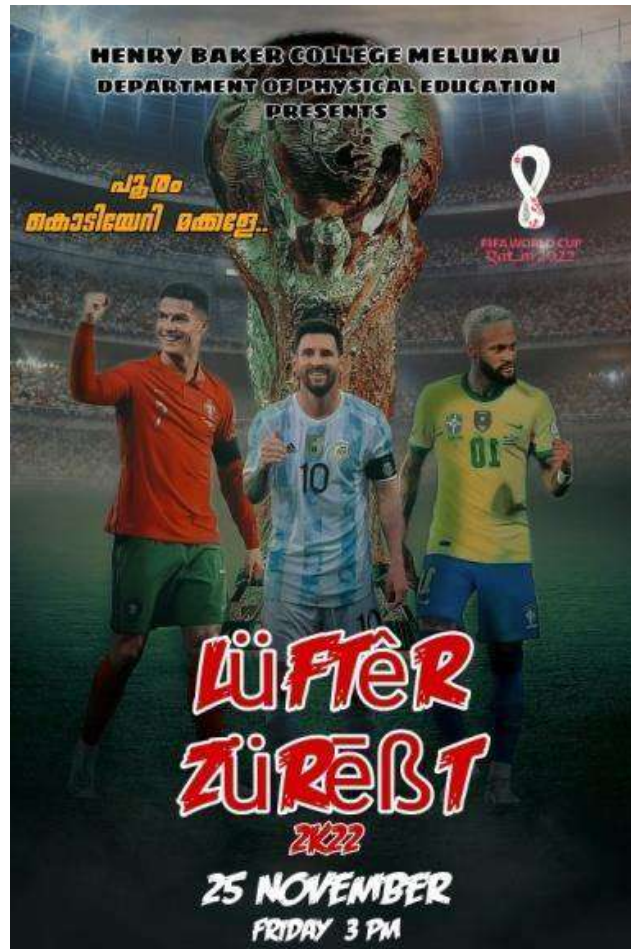


List of participants

Sl. No.	Name	Department
1.	Ajeshmon TJ	English
2.	Kalidasan KS	History
3.	Anandhu KR	English
4.	Muhammed Aslam	English
5.	Tevin Tomy	B.Com
6.	Vijay P Biju	M.Com
7.	Aswanth TM	M.Com
8.	Anandha Krishnan MP	M.Com
9.	Albin Sojan	English
10.	Muhammed Abuthahir	B.Com self
11.	Ansil Rehim	B.Com self
12.	Fayas Anas	B.Com self
13.	Adhil Nizhamudheen	B.Com self
14.	Kannan MS	B.Com
15.	Melvin Thomas	B.Com
16.	Salfia	B.Com self
17.	Akhila Saji	B.Com self
18.	Ameena	M.Com
19.	Krishna	M.Com
20.	Aneeta	M.Com
21.	Aleesha	B.Com

1. FIFA World Cup Fan Fest - LUFTER ZUREST 2K22

On November 25, 2022, the Department of Physical Education hosted the FIFA World Cup Fan Festival-Lufter Zurest, which included a show match between Argentina and Brazil with our students wearing the appropriate national jerseys to encourage the campus's football craze. Students wearing their favourite team's jerseys attended the occasion. A prediction box for the FIFA World Cup final was set up in front of the audience. The program was launched by the principal, Dr. Gireesh Kumar G S, with the goal of encouraging students to participate in sports.







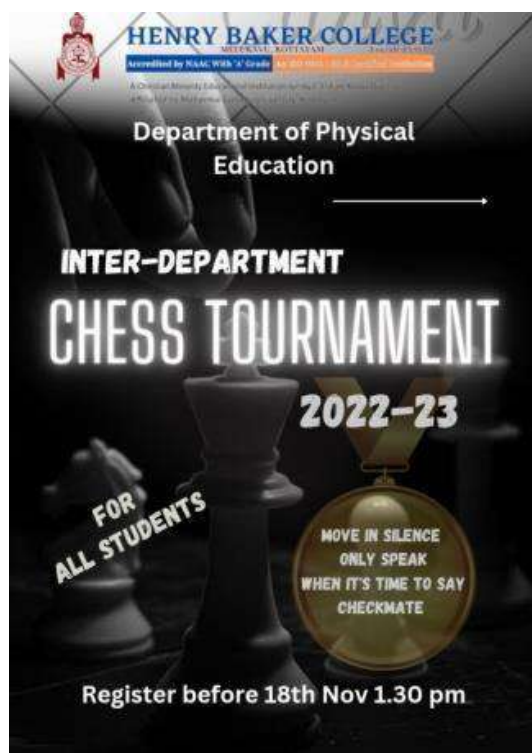
LUFTER ZUREST 2K22

List of participants

<i>Sl. No.</i>	<i>Brazil</i>	<i>Sl. No.</i>	<i>Argentina</i>
1.	Nasim Nabooob	1.	Ramees Rasheed
2.	Muhammed Aslam	2.	Aswin Vidyadharan
3.	Albin Sojan	3.	Adil Nisamudheen
4.	Balabhaskar PS	4.	Justin Joseph
5.	Bibin Tomy	5.	Imran Amanulla
6.	Thejus Somasundar	6.	Shiyas Ibrahim
7.	Stanly Shiju	7.	Gopikrishnan KR
8.	Althaf VA	8.	Sabin

2. Inter-Department Chess Tournament

On December 8, 2022, the Department of Physical Education hosted an inter-departmental chess tournament. The principal, Dr. Gireesh Kumar G S, inaugurated the inter-department chess tournament. Sixteen students from various departments participated in the tournament. Six students were selected to participate in the MG University South Zone Inter-Collegiate Chess Tournament.



Brochure



List of participants

<i>Sl. No</i>	Name	Department
1.	Mohammed Aslam	BA English
2.	Vivek P Biju	B.Com
3.	Jinu Jose	B.Com
4.	Ajith TS	B.Com
5.	Jerin Johnson	B.Com
6.	Jeeno John	B.Com
7.	Tejus Somasundaran	B Voc
8.	Mahin Rafeek	BA English
9.	Shiyas Ibrahim	BA English
10.	Imran Amanulla	BA English
11.	Bibin Tomy	BA English
12.	Alexian Job	B.Com
13.	Vishnu Vinod	BA English
14.	Subin C Michael	B.Com
15.	Albin Sojan	BA English
16.	Kiran Roju	BA History

3. MG University South Zone Chess Championship

The MG University South Zone Inter-Collegiate Chess Tournament was organized by the Department of Physical Education on December 9, 2022, at the college auditorium. The principal, Dr. Gireesh Kumar G S, inaugurated the intercollegiate chess championship. A total of fourteen colleges from the MG University South Zone participated in the tournament. The tournament was overseen by International Chess Arbiter Jismon Mathew, an alumnus of our college, whom we honoured at the time.





Inauguration of Chess Championship



Honoring of International Chess Arbiter
Jismon Mathew





List of participants

Sl. No.	Name and College Address	Class	Signature
1	Adithyan A NSS Hindu college	2 nd B.C. B.COM	Adithyan
2	Adarsh S KE college mannaram	2 nd B.C. B.COM	Adarsh
3	Harisankar A KE College mannaram	B.Sc Zoology	Harisankar
4	Srisanth S Marian College Kuttikkannur	B.B.A	Srisanth
5	Binil Baby Thomas Marian College Kuttikkannur	B.COM	Binil
6	Ashim Suresh IARD college Kuttikkannur	B.Sc.	Ashim
7	Abijoy Jacob - S.T. THOMAS, P.A.L.A	B.Sc	Abijoy
8	Basil Fildhose St George College Kuttikkannur	B.VOC	Basil
9	Jas Mohammed Catholic College Kuttikkannur	BSC Physics	Jas
10	College of Applied Science Peermede	B.Com	James
11	Prince P.J. Saint John's Cg of Applied Science	BBA	Prince
12	Prajul Tom, Saint John's Cg of Applied Science	BCA	Prajul
13	S.R. Steev Vignesh, SAS college Kanni	3 rd B.COM	Vignesh
14	Bibin Binu, SAS college Kanni	BCA	Bibin
15	Abhijith A, SAS college Kanni	BCA	Abhijith
16	Richin Anil, Saint John's college, Pattanamthol	B.COM	Richin
17	Thayashleender, CAS Kuttikkannur	B.COM	Thayashleender
18	Priyank D Alex, Catholicate College PTA	B.Sc Chemistry	Priyank
19	Vishnu Vinod, Henry bonds college	BA English	Vishnu
20	Alexian Job Henry bonds college	B.COM	Alexian
21	Sandeep Kumar V St. Thomas College of Teacher Edu.	B.Ed	Sandeep
22	Rigo Jose, St. Thomas College of Teacher Edu.	B.Ed	Rigo
23	Sujith Alexander CAS Kuttikkannur	M.COM	Sujith
24	Roshan H, Catholicate College PTA	B.COM	Roshan
25	Gautam Krishna B	B.COM	Gautam
26	Harishanker Aji	B.A. Philosophy	Harishanker
27	Shibin Shaji, SAS SNDR Yogam	BCA	Shibin
28	Dhanushik CAS Peerumede	B.COM	Dhanushik
29	Shilpa S CAS Peerumede	B.COM	Shilpa
30	Suresh K.S. CAS Peerumede	B.COM	Suresh
31	Madhuvindal KE college mannaram	B.COM	Madhuvindal
32	Imran Anwarulla H.B.C MELUKAVU	B.A. English	Imran

Sl. No.	Name and College Address	Class	Signature
33	Albin Sejan HBC Melkavu	BA English	
34	Subin Michael "	B.com	
35	Mukilan M	B.com	
36	Akshay Sejoov	BCA	
37	Ashant Mathew SAC Kottayam	B.Vol	
38	Hasin N. Muhammed GC Kottayam	B.Sc chemistry	
39	Rubammeel Utkash GC Kottayam	B.A politics	
40	Damijay Jo St. George's College	B.com Finance & Tax	
41	Ajith TS HBC Melkavu	B.com co-operation	
42	Jeffin Jose James STCE, Pala	B.Ed	
43	Jeyakanthan S St. Thomas Plai	Bsc Mathematics	
44	subin suresh	BA philosophy	
45	Kishor R. Kuttan Catholicate college	Bsc Physics	
46	Aswin K Mohandas	BA Politics	
47	Nevin Tom	B.com	
48	Amith Kumar	BCA	
49	Mohith K. Mathay Govt. college Kottayam	Bsc Physics	
50	Melbin Mathew, SAC Aruvithura	B.voc	
51	Naranceeth, Kariyitta	BCA C3	
52	Sivanarayanan S, CAS Kaduthumthiy	B.com BS	
53	George K Roy, St. Thomas College, Pala	B.LOM 3DC	
54	Sunish S, Marian College	BCA	
55	Sonu A.S, St. Thomas Ring	Bsc 1st year	
56	K-E college Mannar	MSc Physics	
57	Nivek P. Biju	B.com Co-operation	
58	Anand K.S	B.Ed	
59	Justin Biju Joseph KE College	B.Sc Zoology	
60	Dharmesh M.S ST Thomas Cls	B.Sc physics	
61	K. Groutham Krishna, NSS Hindu College	B.A Economic	
62	Johney George K-E College	B.A English	
63	Bibin Abraham St. Thomas college, Ranni	B.Sc Physics	

Sl. No	Name and College address	class	Signature
64	Jimu Jon Henry Baker College	B.com	
65	Adash Ajay Catholicate College	B.Sc Mathematics	
66	Govt. college Kottayam	B.com 3 rd year	


M G University South Zone Team Chess Championship , 2022-23

Organizer(s) : Henry Baker College Melukavu
Tournament Director : Mr Jithin
Chief Arbiter : JISMON MATHEW, International Arbiter
Town : Melukavumattom
Date : 2022/12/09

Final ranking

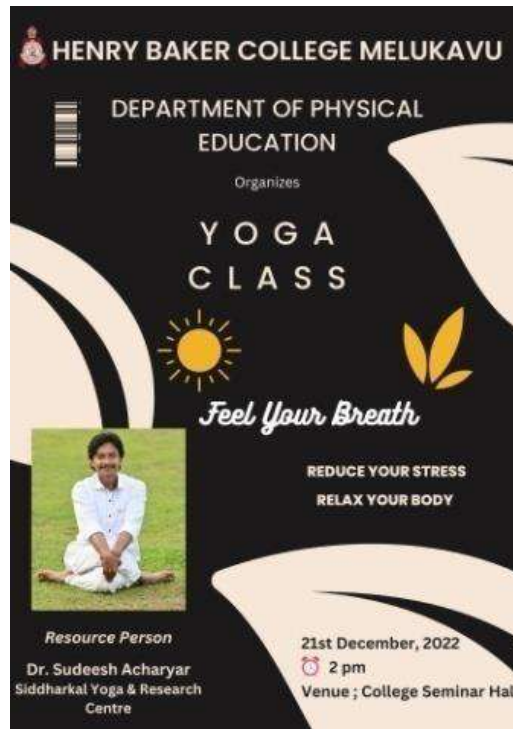
Rank	Team	MP	Res.	Pts.	SB	Berlin
1	CATHOLICATE COLLEGE PATHANAMTHITTA	8	0	13½	52	33
2	ST. THOMAS COLLEGE, PALAI	6	0	10½	47	27
3	SAS SNDP YOGAM COLLEGE, KONNI	6	0	10	35	26
4	GOVERNMENT COLLEGE KOTTAYAM	5	0	11	48	27
5	HENRY BAKER COLLEGE MELUKAVU	5	0	9	36	21
6	COLLEGE OF APPLIED SCIENCE (IHRD) KADUTHURUTHY	5	0	9	21	22
7	KURIAKOSE ELIAS COLLEGE, MANNANAM	4	0	9	34	27
8	MARIAN COLLEGE KUTTIKKANAM	4	0	9	7	23
9	ST. GEORGE COLLEGE ARUVITHURA	4	0	6½	14½	14
10	SAINTGITS COLLEGE OF APPLIED SCIENCES, PATHAMUTTOM	3	0	6	26	12
11	ST. THOMAS COLLEGE ,RANNI	3	0	6	13	17
12	ST THOMAS COLLEGE OF TEACHER EDUCATION, PALA	2	0	6	12	13
13	N S S HINDU COLLEGE CHANGANACHERRY	1	0	3½	12	9
14	COLLEGE OF APPLIED SCIENCE KUTTIKKANAM, PEERMADE	0	0	3	13	9

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Mail:h.herzog@swiss-manager.at,homepage <http://swiss-manager.at>, User:JISMON MATHEW, 2022/11/22
Details on this tournament can be found on <http://chess-results.com>


JISMON MATHEW, International Arbiter.

4. Yoga Class - Feel Your Breath
































On December 21, 2022, the Department of Physical Education hosted a yoga class in the college seminar hall. The principal, Dr. Gireesh Kumar G. S., inaugurated the class and shared the benefits of daily yoga practice. Dr. Sudeesh Acharya, Siddharkal Yoga and the Research Centre, provided the students with theory and practical sessions.





Yoga Training class

List of participants

No.	Name	Class	Signature
1.	Soorya Mohanan	1 st B.com Co-operation	
2.	Irshana S.A	"	
3.	Sajeemamol K.S	"	
4.	Gropika Vinod	"	
5.	Praveena Shaji	"	
6.	Anitha Antony	"	
7.	Sujithkumara K.S.	"	
8.	Akhil Suresh	"	
9.	Akhil Vinod	"	
10.	Vimal Vinod	"	
11.	Terin Tony	"	
12.	Fathima Khatun	1 st B.com Co-operation.	
13.	Maniya Joseph	"	
14.	Anna Mania	"	
15.	Abijith V. Anil	"	
16.	Anjali Kaji	"	
17.	Ashlin A.R.	"	
18.	Anjay kumar A's	"	
19.	Abhinav Kp	"	
20.	Abhiram prakash	"	
21.	Amal kv	"	
22.	Elsa Mania V's	"	
23.	Vishnu Suresh	"	
24.	Irfan Suresh	1 st B.com Co-operation	
25.	Ajmur Babu	1 st B.com Co-operation	
26.	Johns Jay	1 st B.com Co-operation	
27.	Terin Johnson	"	
28.	Noufal Zakkeer	"	
29.	Nasim Nabeed	1 st B.com Co-operation	
30.	Subin Michael	"	
31.	Jamil Jay	3 rd B.com	

32.	Amal Job Jhoni	B.VO 3 rd	Amal
33.	Deeraj Manu.	I st B. Com. Co-operation	Deeraj
34.	Nandhu Venugopal	"	Nandhu
35.	Hamid A Salami	"	Hamid
36.	Sakthya Sakthya A.S	"	Sakthya
37.	Shebin Benny	"	Shebin
38.	Vishnu Prasad S.	"	Vishnu
39.	Rajith TS	"	Rajith
40.	Vinith Thomas	"	Vinith
41.	Aju	"	Aju
42.	Akhya Chinnakur	"	Akhya
43.	Anjana Ajith	"	Anjana
44.	Ashara Hani	II nd B-com. Co-operation	Ashara
45.	Anjana Stanly	"	Anjana
46.	Nanuy K. Michael	"	Nanuy
47.	Krishnapriya Ajimon	"	Krishna
48.	Anju Anu	"	Anju
49.	Aswathy K	"	Aswathy
50.	Divya M.v	"	Divya
51.	Nayana Biju	"	Nayana
52.	Dassana K.S	"	Dassana
53.	Krishnapriya Gopi	I st B. Com. Co-operation	Krishnapriya
54.	Shincy Mathew	"	Shincy
55.	Archana K Biju	"	Archana
56.	P. Gouri	"	P. Gouri

5. MG University Inter-Collegiate Sports Participation

The Department of Physical Education provided opportunities for the students to participate in extramural activities. The students participated in the MG University Inter-Collegiate Football Competition held at St. Thomas College, Pala on 19th November 2022, the wrestling competition held at CMS College, Kottayam on 13th December 2022, and the chess competition held at Henry Baker College, Melukavu on 9th December 2022. A total of twenty-two students participated in the MG University Inter-Collegiate Competition. **Vinil Raj and Vijay P. Biju**, both of Commerce, secured **second place in the MG University Inter-Collegiate wrestling competition** held at CMS College, Kottayam on 13th December 2022. The **chess team secured the 5th position** in the

South Zone of the MG University Inter-Collegiate Competition held at Henry Baker College, Melukavu on 9th December 2022.



Vinil Raj and Vijay P. Biju, second place in the MG University Inter-Collegiate wrestling competition





Chess team secured the 5th position in the South Zone of the MG University Inter-Collegiate Competition



Football Team

Football Team

(Venue: St. Thomas College, Pala on 19th November 2022)

Sl. No.	Participants
1.	Nasim Nabooob
2.	Muhammed Aslam
3.	Albin Sojan
4.	Balabhaskar P S
5.	Bibin Tomy
6.	Thejus Somasundar
7.	Stanly Shiju
8.	Althaf V A
9.	Aswin Vidyadharan
10.	Adil Nisamudheen
11.	Justin Joseph
12.	Imran Amanulla
13.	Shiyas Ibrahim
14.	Gopikrishnan K R

Chess Team

(Venue: Henry Baker College, Melukavu on 9th December 2022)

Sl. No.	Participants
1.	Vivek P Biju
2.	Ajith TS
3.	Alexian Job
4.	Vishnu Vinod
5.	Imran Amanulla
6.	Jinu Jose

Wrestling Team

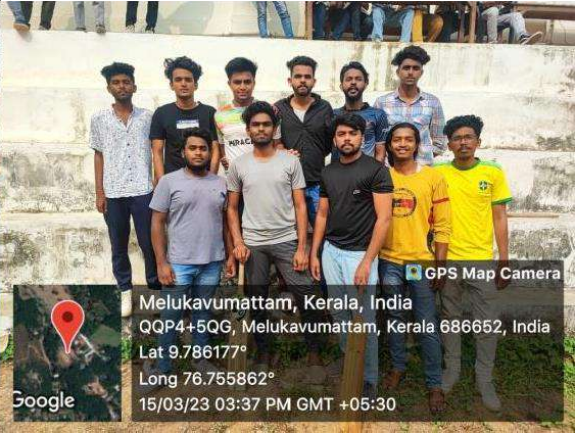
(Venue: CMS College, Kottayam on 13th December 2022)

Sl. No.	Participants
1.	Vijay P Biju
2.	Vinil Raj

6. Inter Department Cricket Tournament

The Department of Physical Education organised an inter - departmental cricket tournament on March 15, 2023, at the college stadium. The principal, Dr. Gireesh Kumar G. S., inaugurated the tournament. Four departments actively participated and B.Com. Self- financing won the tournament.

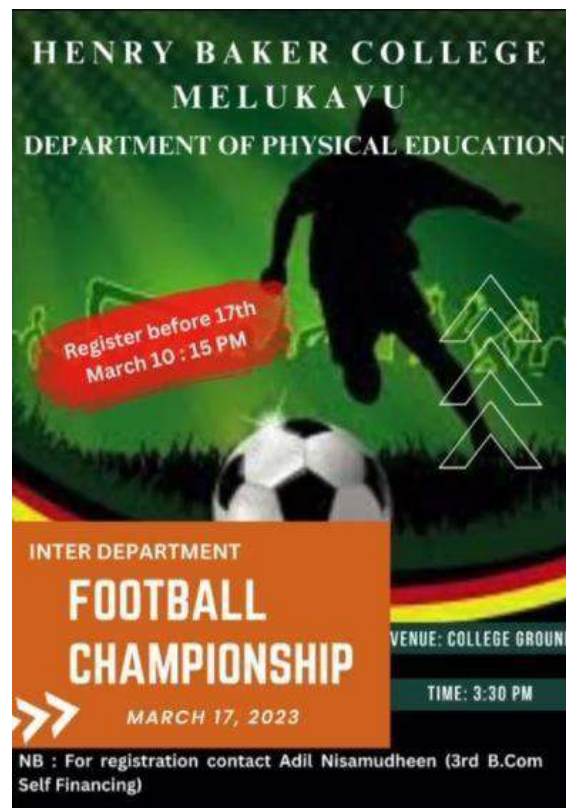




Cricket Team

7. Inter Department Football Tournament

On March 17, 2023, the Department of Physical Education hosted an inter-departmental football tournament. The principal, Dr. Gireesh Kumar G S, inaugurated the tournament. Four departments participated and the Department of Commerce (self) won the tournament.





8. Inter Department Volleyball Tournament

The Department of Physical Education conducted an inter-departmental volleyball tournament on March 22, 2023. The principal, Dr. Gireesh Kumar G S, inaugurated the tournament. Three departments participated and the Department of Commerce won the tournament.

